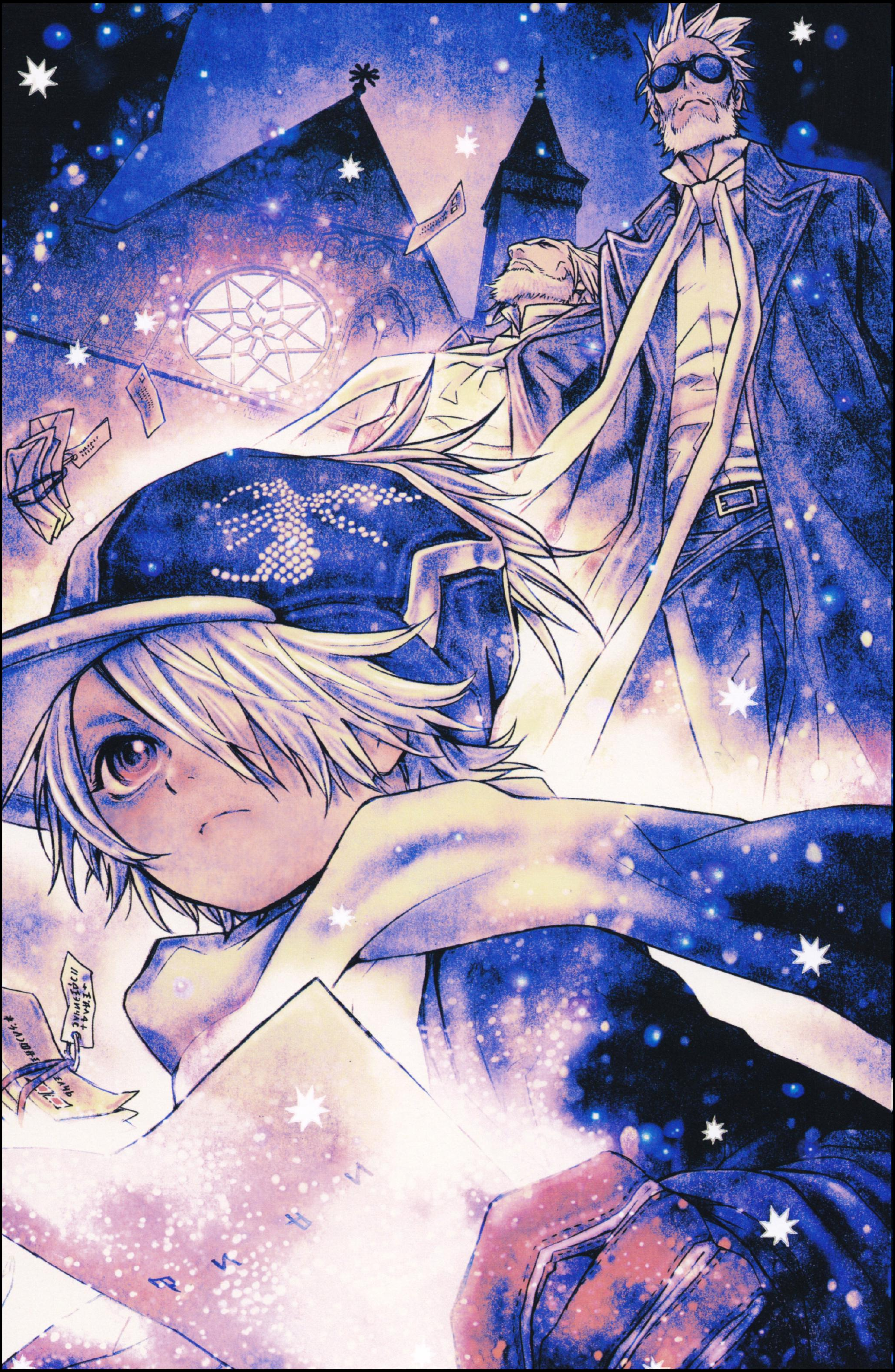ア